The STATE HORNET

The voice of Sacramento State since 1949

ISSUE 22, VOLUME 72 MARCH 14, 2018 WWW.STATEHORNET.COM

BEAKERS AND BREWS

How a Sac State biology professor and a regional beer aficionado cooked up a new class covering the science behind brewing

Page 14

TRIVIA NIGHT

PRESENTED BY
THE STATE HORNET

ROUND TABLE PIZZA
THE UNION
MARCH 28, 2018 @ 5 P.M.

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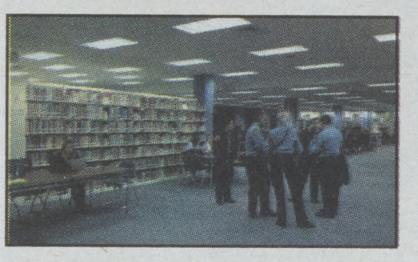
GYMNASTICS TEAM AIMS TO WIN TITLE WITH SENIOR LEADERSHIP
PAGE 10

12 WAYS TO ENJOY SPRING BREAK WITHOUT GOING SPRING BROKE
PAGE 16

SAC STATE SAYS
PAGE 6

FEATURED SOCIAL MEDIA



On a post about a fight in the University Library that started with a sneeze, Facebook user Cheetara Johnson commented, "Isn't it a little early in the semester for going full cray in the library?" Let us know what you think online at Facebook.com/StateHornet.

On March 13, visual editor Emily Rabasto was present when The Sacramento Fire Department was called on to campus following reports of an unusual smell in Humboldt Hall. Follow @TheStateHornet for more live updates of news and events on campus.

Senator Henry Stern, D-Los Angeles, spoke in favor of Assembly Bill 1894 on March 12, which would address the issue of poverty among college students in California. Go to StateHornet.com/Housing or Youtube.com/StateHornet to watch videos of Sac State students sharing their experiences with housing insecurity.

NEWS IN BRIEF

NEW DEGREE COMPLETION PROGRAM: Sac State's College of Continuing Education has added a new degree completion program, offering non-traditional students, who had to drop out before graduation, an opportunity to earn a bachelor's degree through the College of Arts & Letters. Students who are eligible must have at least 84 units with all lower division general education requirements completed, a 2.0 grade point average, and must have been out of school for at least one year. The application deadline for fall 2018 is July 1.

To stay up to date with news, go to statehornet.com/news

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CORRECTIONS

In Volume 72, Issue 21 of The State Hornet, there are no corrections listed.

Cover photo by Emily Rabasto

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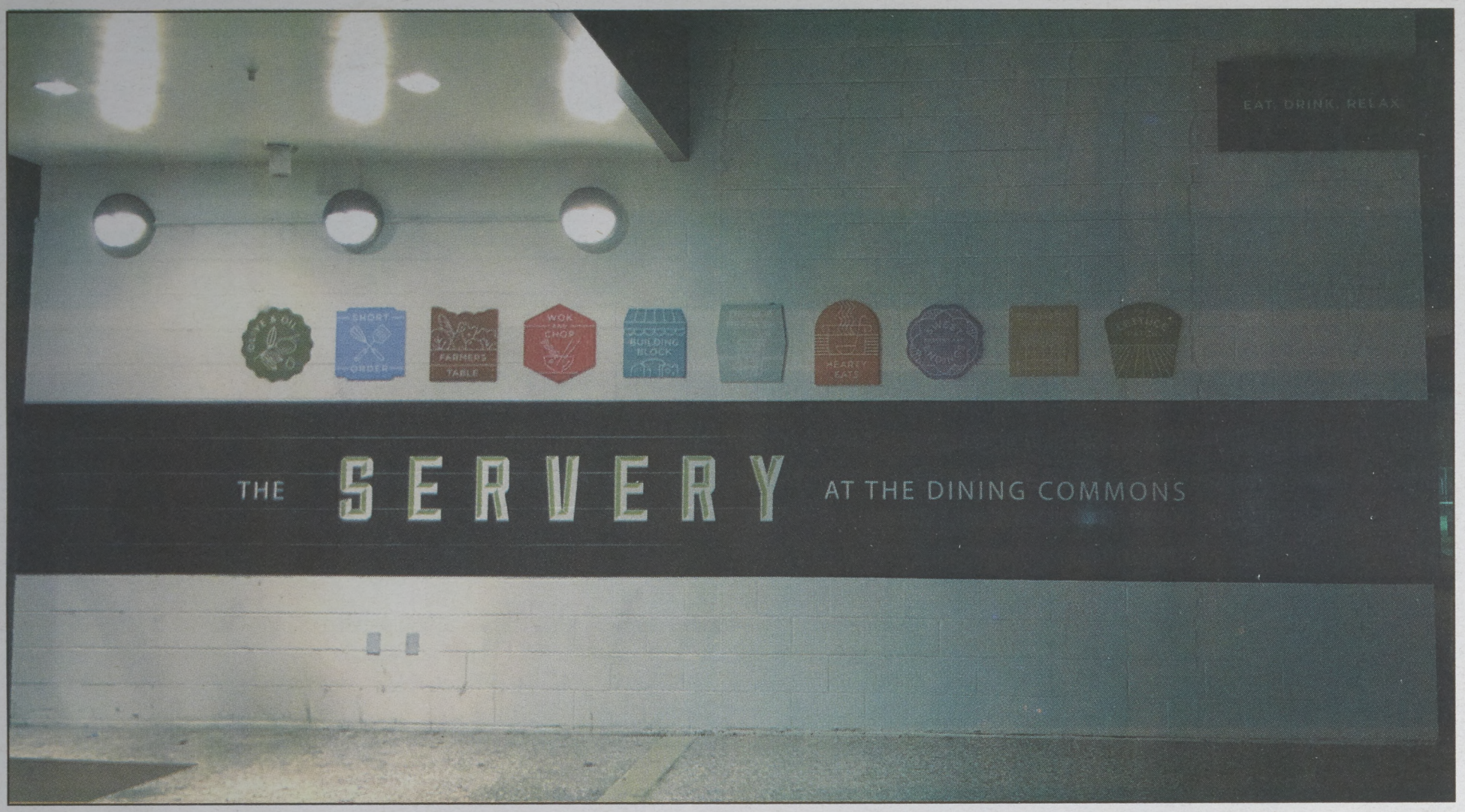


KELLY KIERNAN - The State Hornet

In a Feb. 16 health inspection, three major violations were observed by a health inspector at The Servery at the Dining Commons.

MAJOR HEALTH VIOLATIONS FOUND AT SERVERY

FOOD TEMPERATURE, SANITATION AMONG MORE THAN 20 RECENT VIOLATIONS

Thomas Frey
@ThomasFreyRP

On Feb. 16, the Sacramento County Environmental Management Department discovered three major health code violations among a total of 14 violations while performing an official health inspection of The Servery at the Dining Commons at Sacramento State.

"Violations that are classified as 'Major' pose an immediate threat to public health and have the potential to cause foodborne illness," according to the report.

The three major violations were related to food being in the "temperature danger zone," not recording how long certain foods had been out and improper sanitation.

A previous inspection on Dec. 14 turned up one major violation among seven total violations. Of those seven, six were violated during the Feb. 16 inspection. One violation was repeated for a third time on Feb. 20.

If two or more major violations occur during a health inspection, a re-inspection is required. The re-inspection following the Feb. 16 violations was held on Feb. 20 and cost restaurant operator University Enterprises, Inc. $201, according to Mark Barcellos, the supervisor of the environmental health division of the department.

Food temperature

One major violation from the Feb. 16 inspection was that turkey patties and mozzarella sticks were observed to be in the "temperature danger zone," according to the report.

This violates codes 113996, 113998 and 114037, which stipulates that "potentially hazardous foods shall be maintained at or below 41 degrees or above 135 degrees."

The violation occurred when turkey patties were observed at 124 degrees and mozzarella sticks were observed as low as 121 degrees after being cooked approximately an hour prior, according to the report.

Both of those items needed to be at 135 degrees or warmer.

Keeping food less warm than it needs to be gives students a higher likelihood of getting sick.

Freshman Dakari Douglas said he once got food poisoning from The Servery.

"I got food poisoning," Douglas said. "I ate one of the omelets from there and I was sick for like two weeks. That's the only thing I ate that day."

This wasn't the first time that the dining hall received warning for these exact codes.

On Dec. 14, the dining hall received a warning after finding cream cheese that was measured at 45 degrees and tofu that was measured at 49 degrees.

The health inspector also measured sausages at 45 degrees. All of those items need to be kept below 41 degrees "to minimize growth bacteria," according to a county food safety training video.

While this violation is for food sitting out and measured at the time of the inspection, freshman Victoria Garcia said she has noticed food undercooked when she has gone to eat.

"Grilled chickens or fried chicken are always very undercooked," Garcia said. "I'll open it and it will be pink or feel like looking raw."

Food storage problems

Inspectors found another major violation in The Servery on Feb. 16. The Servery kept no time cards to track how long food had been sitting out for eight different foods including pizza, breaded fish, stir-fry chicken and steamed mixed vegetables, according to the report.

Code 114000 requires that all food must be served or discarded within four hours. According to the health report, all of the food was voluntarily thrown away during the inspection because "no log/discard time was being tracked."

It also said that the eight food items "are unfit for human consumption," since there was no way to know how long they have been out.

This code was also listed as a violation on the Dec. 14 report, noting that the food start times from the Mediterranean and wok stations were being tracked but not the discard time.

Surfaces not properly cleaned

The third major violation in the Feb. 16 report related to proper cleaning and sanitation methods.

In this instance, it was observed by the health inspector that the "dispensing tube for the outside self service soy milk was cut too short, causing all soy milk dispensing to come into contact with old discolored soy milk that have been accumulating in this area outside the dispensing tube."

The report said that the soy milk in the dispenser was voluntarily discarded at the time of the inspection.

In addition to this violation, the reporter noted a minor violation under this category. Grease accumulation was seen on a metal storage rack that stored clean sheet pans and utensils.

In the Dec. 14 report, a violation was listed under this same category. The report said the table mount can opener had old food debris and that the "ice chute at the lobby station observed pink slime."

Food not properly cooled

The major violation reported on Dec. 14 occurred after an inspector observed a large tub of pasta inside the walk-in refrigerator at 47 degrees that had been cooked seven hours prior.

This violated Code 114002, which gives a specific timeline of how quickly "potentially hazardous foods" should be cooled.

Of the seven options that the dining hall can use to cool the food, it was decided to use a large tub and put the pasta in the walk-in refrigerator.

It didn't cool at the proper rate, resulting in a temperature of 47 degrees after seven hours when it is should have been 41 degrees after four hours. The food was discarded upon inspection.

On Feb. 16, this same violation was listed on the report, although it wasn't considered a major violation. In this instance, the inspector observed two 8-inch containers of shrimp at 62 degrees that were cooked about four hours prior inside a two-door upright refrigerator with tight-fitting lid covers on.

At four hours, the shrimp should have been down to 41 degrees. The Servery put the food into smaller portions this time, but it wasn't in a shallow container like the code requires. On this report, there is no record of the food being discarded.

Improper sanitation

The Feb. 16 report states that the inspector "observed several containers not fully submerged in the three compartment sink because sanitizing solution was not filled to recommended fill line."

The sanitizer is in the third part of the compartment sink and is used to protect antimicrobial agents, which help make sure every utensil and plate is clean and up to code.

Students Alyssa Burtis and Virgina Diaz-Lazaro said that the utensils at The Servery are often not clean.

"When I pick up my forks, I really inspect them," Burtis said. "Sometimes I'll pick up a plate and there is still stuff on it."

Added Diaz-Lazaro: "That's expected; it's the Dining Commons. You just have to double check everything before you actually use it."

When asked to comment, UEI Director of Marketing Services Angela Rader and Executive Director Jim Reinhart gave the following statement via email:

"University Enterprises was disappointed that three major violations, (hot & cold holding temperatures, time as a public health control, and food contact surfaces cleaned and sanitized) were identified by the County of Sacramento Environmental Management Department on February 16. However, UEI appreciates that the Department brought them to our attention, as they were corrected immediately and remain corrected. Food safety is one of our highest priorities and we continuously train our staff on proper food handling procedures. UEI will re-evaluate its procedures and take steps to ensure these violations do not reoccur."

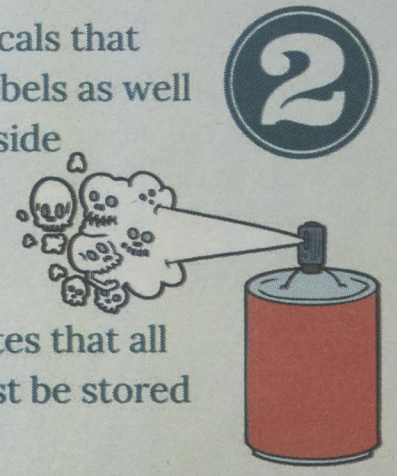
Additional Reporting by Kelly Kiernan

ADDITIONAL VIOLATIONS

IN ADDITION TO THE 3 MAJOR VIOLATIONS FOUND, THE FEB. 16 REPORT ALSO INCLUDED THE FOLLOWING:

1 Whipped cream and whipped butter filled up three inches past the fill line, meaning that the ice at the station was "only observed touching the very bottom of containers."

2 Spray bottles of chemicals that lacked identification labels as well as sanitizer buckets inside the preparation sink while employees were using the sink to rinse broccoli. The code states that all cleaning materials must be stored away from food.



3 A package of tater tots was stored below a fan unit inside the walk-in refrigerator and was frozen to the pipe running from the fan unit.

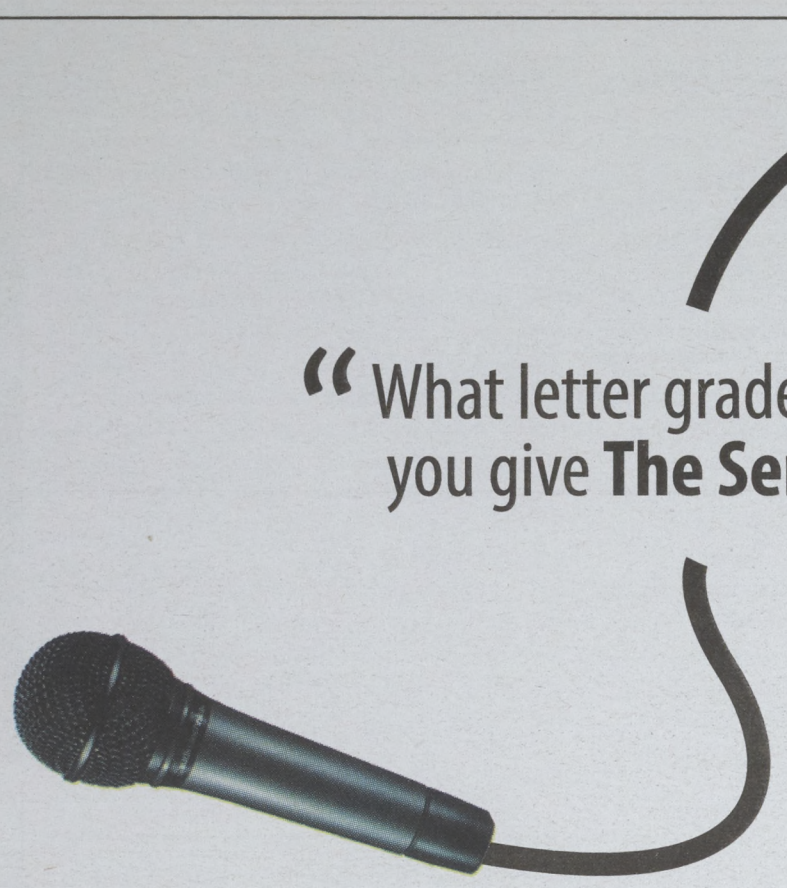
4 Several boxes of fruit and produce stored directly on the floor of the refrigerator. The code says that food items need to be at least six inches above the floor.

READ THE REPORT ONLINE AT STATEHORNET.COM

DAYLA COOK - The State Hornet

SAC STATE SAYS

*After The Servery at the Dining Commons received 14 health code violations on Feb. 16, we asked students to give a letter grade on what they thought about the quality and variety of the food. Tell us what you think by using the hashtag **#SacStateSays** on social media.*



Nick Minges
@TheStateHornet

#SacStateSays

"Probably a C+. The food is adequate. There's always enough to feed everyone. The service is good, but the quality is sometimes subpar."

- Jonathan Quinn
Biological sciences

"B-. I've been here for four years, and they've improved, but it's difficult to eat the same food for years."

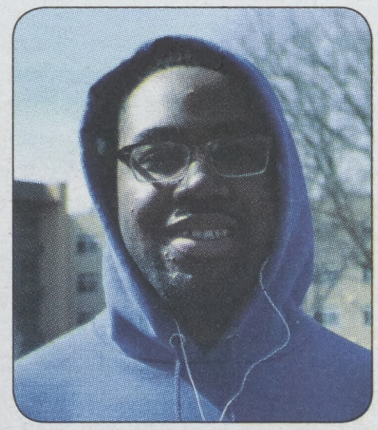
- Austin Smith
Mathematics

"B-. The food is sometimes cold or overcooked."

- Jordan Mcmanus
Kinesiology

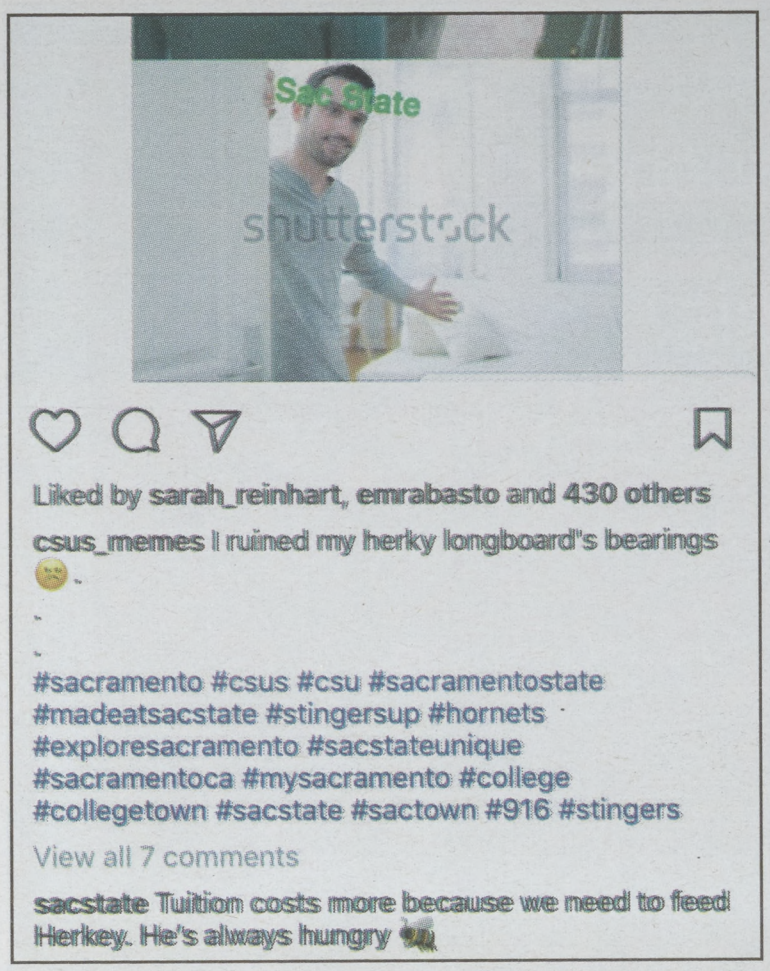
"It would be an A. They have really good food, good service and options are available. It's all right."

- Joel Rogers
Biological sciences



"It would be a solid B because it has a lot of good food. You see the same things every time you go there."

- Uzoma Okorie
Biological sciences



Screenshot via Instagram

Sacramento State has removed a comment making light of tuition increases left on a post made by Instagram user @csus_memes. The post depicts Sac State welcoming tuition increases.

SAC STATE POSTS, DELETES 'INAPPROPRIATE' COMMENT

COMMENT MADE LIGHT OF TUITION INCREASES

Claire Morgan
@jemapelleclaire

Sacramento State posted — and later deleted — a comment made from its official Instagram account that made light of tuition increases.

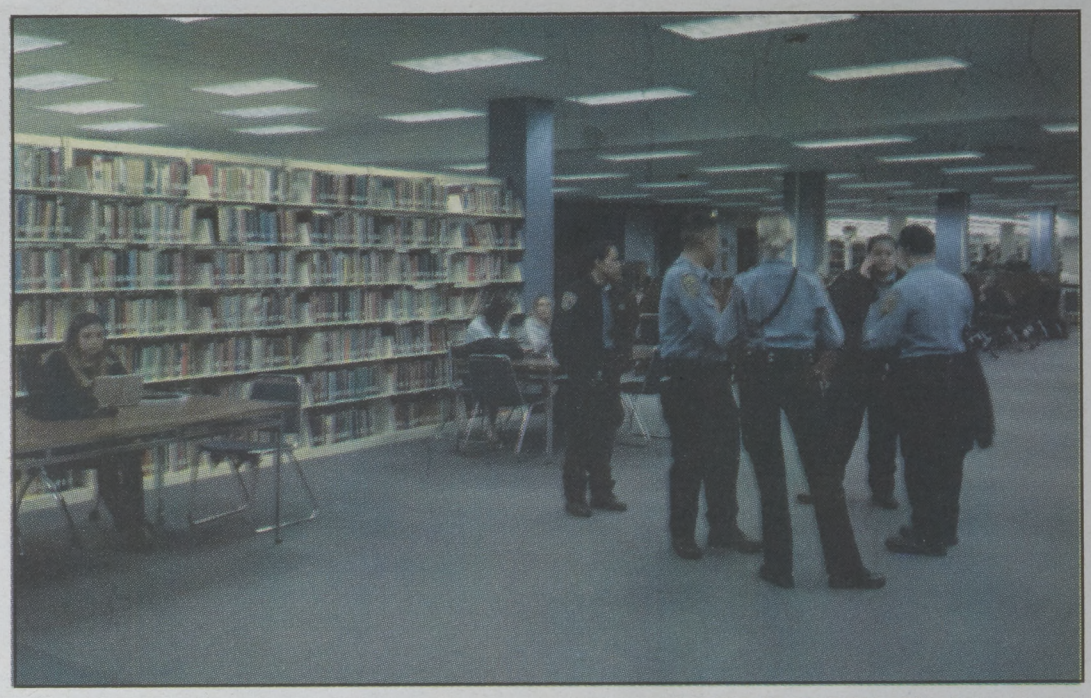
The comment was left on post made by Instagram user @csus_memes that depicted Sac State welcoming a tuition increase. The comment was posted for at least 24 hours before being deleted on March 7.

"Tuition costs more because we need to feed Herkey," the comment said. "He's always hungry."

Jack Vaughn, the senior director of multimedia and digital communications for the University, said the comment was "an attempt to be lighthearted."

"This particular comment was made on our account by a student assistant in our office and was an attempt to be lighthearted and engaging on a subject where that approach is inappropriate," Vaughn said. "The issue of tuition increases is very important, and we take it very seriously. For that reason, we have deleted the comment."

The comment was deleted immediately after The State Hornet made an inquiry about the comment to the University.



CALEB DANIELSON - The State Hornet

Community service officers from the Sacramento State Police Department gather while officers investigate a fight that broke out in the University Library on Tuesday, March 6, 2018. According to witnesses, the fight started after one person told someone else to leave for sneezing.

GESUND-FIGHT!

BRAWL BREAKS OUT IN LIBRARY OVER SNEEZE

Caleb Danielson
@caleb_danielson

A fight broke out on the second floor of the library on March 6, police confirmed. Witnesses said two people began arguing and eventually got into a fight shortly before 8 p.m.

According to Sacramento State student Timothy Nguyen, someone studying near the windows sneezed, and another person sitting nearby told him he needed to leave so he wouldn't get other people sick.

Nguyen said the two started staring at each other, and after a while one of them got up and asked the other, "Do you want to go? You want to take this outside?"

A few moments later, Nguyen said, they started aggressively shoving each other.

Sac State Chief of Police Mark Iwasa confirmed that the fight started over a sneeze. He said a student from Sac State sneezed, and a student from UC Davis confronted him because he didn't want to get sick.

According to Iwasa, the Sac State student said "It's just a sneeze. I'm not really sick."

The argument turned into a fight, and the UC Davis student was punched in the face. Nguyen said he tried to break up the fight, telling them it wasn't worth it, but he said he couldn't stop them. Nguyen said that a friend of one of the participants, and several other people, also tried to break up the fight.

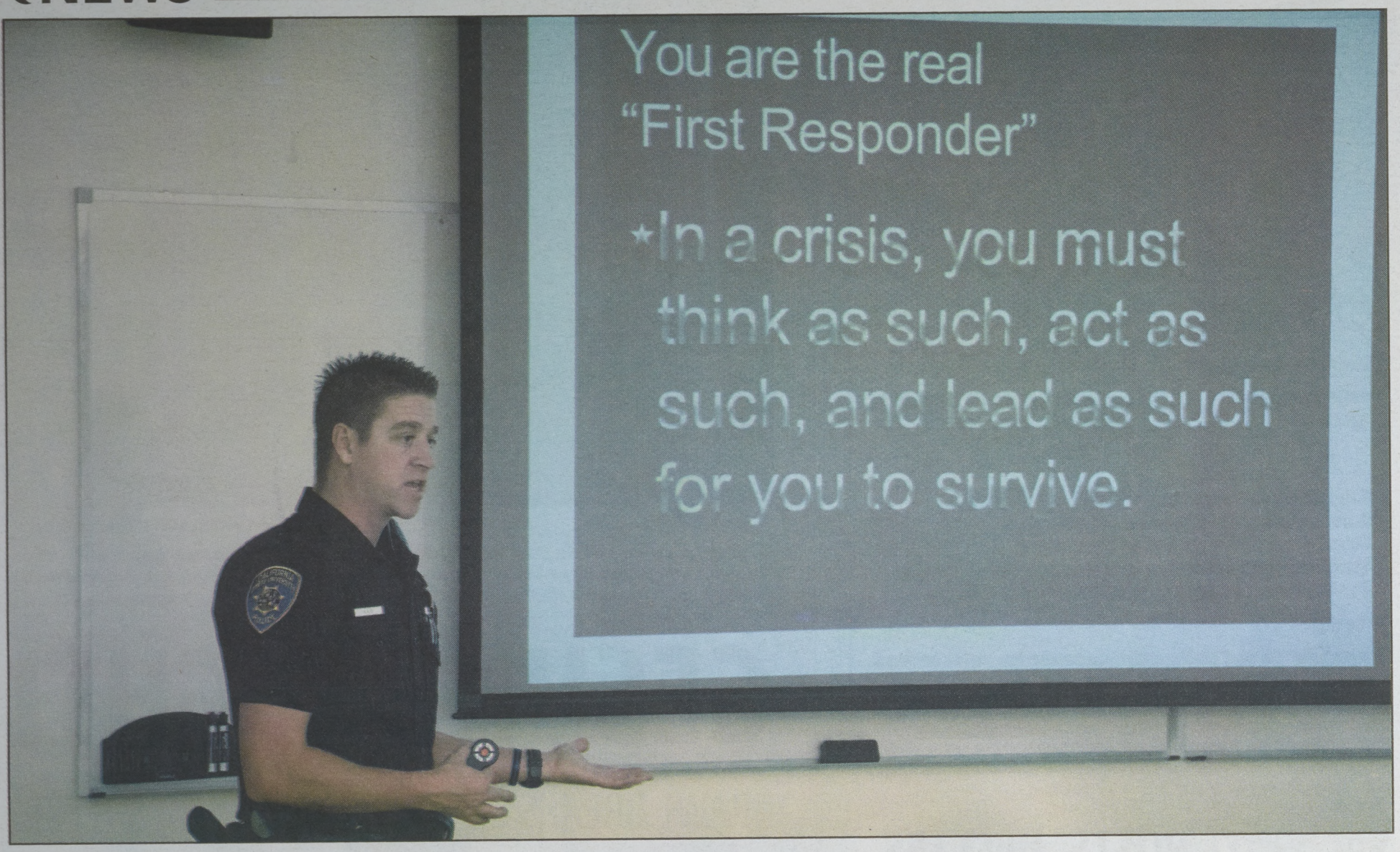
Three campus police officers responded, along with at least five community service officers. By the time they arrived, the fight was over, Iwasa said.

Iwasa said the Davis student requested medical attention for his injuries, so paramedics were called.

Firefighters and paramedics from the Sacramento Fire Department arrived to treat the UC Davis student, who also started having an asthma attack a few minutes before they got there, Iwasa said. Paramedics transported him to the hospital for further medical care as a result of his asthma attack.

One of the officers that responded that night, Cpl. Paul Skrinie, said that even if a fight is mutual, it isn't tolerated by University police. "This is not the behavior we support," he said.

Skrinie said no arrests were made.



JOHN NELMAR - The State Hornet

Community Outreach Officer Nathan Rice conducts an active shooter training in Eureka Hall on March 9. The trainings are being offered in response to recent school shootings.

Safety concerns lead to campus security updates

Police working to educate students on campus policies if active shooter situation arises

John Nelmar
@DaddyLions

The Sacramento State Police Department is trying to ease safety concerns by offering students education about how to react to threats on campus, according to Police Chief Mark Iwasa.

There have been 28 incidents of guns being discharged on school campuses since the year's start, according to everytownresearch.org.

Sac State's emergency preparedness policy has been modernized to account for the turnover rate of students, Iwasa said.

What used to be a series of time-consuming seminars on different disaster scenarios has been streamlined by Iwasa into a program based around two things: evacuation and shelter-in-place.

Instructional videos

"If you become proficient at how to evacuate, if you become proficient at how to shelter-in-place, you will be prepared for most disasters," Iwasa said.

Iwasa has been at Sac State for more than six years and was with the Sacramento County Sheriff's Department for 28 years.

The Sac State department's website provides instructional videos and Iwasa said it will be adding a California State University video on active shooter response.

This video will serve as a resource for students who are unaware Sac State had policies in place for dealing with an active shooter.

Jonathan Carmichael, a senior and public relations major, is one of those students.

"I think most students would go into survival mode," Carmichael said. "Info or a drill on what to do if something like that did happen would help."

Student interns: the 'eyes and ears' of the department

There are about 80 community service officers, all student interns, Iwasa said. They perform many duties, which include maintaining a visual presence and being the "eyes and ears" of the police department, according to its website.

Iwasa said that he is most proud of the patrol teams' effectiveness in preventing crime rather than waiting to respond to it.

"There's not a mom or dad around that are going to be very satisfied that we got to a crime scene quickly," Iwasa said. "The fact that we let it happen to their son or daughter at all is a failure as far as they are concerned, and that's how we see it as well."

Julissa Moreno, a junior and communication studies major, was not aware of campus policy on ac-

"If you become proficient at how to evacuate, if you become proficient at how to shelter-in-place, you will be prepared for most disasters."

- Mark Iwasa
Sacramento State chief of police

tive shooters and is concerned about officer visibility and training.

"I believe that it's good to have the police department on campus," Moreno said. "But I feel like the (community patrol officers) that we do have just walk around or ride around in the go-carts and it's like what training are they getting?"

Moreno said community patrol officers become less visible at night and rarely sees them anywhere but around the Academic Information Resource Center.

Safety improvements

One area where Iwasa is looking to improve safety is retrofitting classrooms to easily lock doors locally.

This semester the department is testing a new product that would allow doors to be locked based on a timer set to scheduled classes and which would allow for easy use locally, in an emergency.

Iwasa said having the ability to lock doors from the inside would be a good improvement. Virtually every classroom door opens outward and can only be locked from the outside. Doors that open out cannot be barricaded and offer little protection if they cannot be secured.

Contacting campus police

The police department hosts annual informal discussions of simulated scenarios with emergency operations personnel throughout the campus.

They also do annual fire and evacuation drills with building coordinators and other vital personnel in every building on campus.

In the event that an active shooter is present on campus, Iwasa said it is important for students to get to safety before calling the authorities. Once you are safe, report any information you have that can help police.

Calling 911 from any campus phone will connect you to the campus police department.

Although 911 is easy to remember, when called from a cell phone it can send you to one of a number of local authorities off campus.

Iwasa recommends that students add (916) 278-6000 as an emergency number in their contacts for direct connection to campus police dispatch, who are in direct radio contact with campus officers on patrol.

Enrollment in Sac State's emergency notification system (ENS) is a requirement for all students. ENS is a multi-platform notification system that uses text message, email, phone calls, social media, audio warnings and other forms of notification to deliver important messages regarding campus security.

It will often use more than one format simultaneously to attempt to reach the most people.

ENS enrollment used to be optional but policy changes three years ago now require all students be enrolled. Iwasa said when the system was optional, there were about 6,000 people enrolled. There were 36,525 people enrolled as of press time.

Monica Reyes Rocha, a junior and communication studies major, wants more regular updates about campus policy and what to do in at-risk situations.

"I wish students got an email or a reminder on what to do if we were in a situation where our safety was at risk, especially after everything that has been happening," Reyes Rocha said.

In addition to being prepared for this type of situation, students can take a proactive approach by connecting with their peers and offering support to those who need it.

The Sac State division of student affairs oversees a crisis intervention team managed by Danielle Munoz. The purpose of the crisis intervention team is to determine if students or faculty who are reported to the department need psychiatric help, police intervention or other services.

DAYLA COOK - The State Hornet

Seniors prepare for home finale

Gymnastics team aims to win title with senior leadership

Thomas Frey
@ThomasFreyRP

Six seniors will compete in their final home meet as the Sacramento State gymnastics team hosts No. 13 Oregon State, No. 17 Arizona State and UC Davis on Friday at the Nest.

Seniors Jennifer Brenner, Annie Juarez, Courteney Ng, Lauren Rice, Caitlin Soliwoda and Courtney Soliwoda will be capping off careers that have seen many highlights as well as low points that forced the gymnasts to make tough decisions and fight through injuries to capture glory.

Juarez, the Soliwodas and Rice all have gone through difficult injuries that have held them out of action.

For Juarez, the first three years of her collegiate career saw her miss 22 of 34 possible meets due to multiple injuries, and that nearly was the end for her.

"I'm just enjoying being here," Juarez said. "A year ago I was going to quit. I had two surgeries and I didn't really want to do this anymore. Personally, I'm happy and I want to go to regionals. I really want to make it as an all-arounder."

Juarez is in position to qualify for an NCAA Regional for the first time in her career as an event specialist in the floor routine. She also has a chance to qualify as an all-arounder if she records scores of 39 or above in the final two meets, said Sac State coach Randy Solorio.

Caitlin Soliwoda is in line to qualify for a second consecutive NCAA Regional. This season she has scored 9.800 or better on 11 routines, including three at Seattle Pacific University on Feb. 23. Now, the senior from Las Vegas is set to see the postseason for a second consecutive season.

Her twin sister Courtney is also in line to make the postseason for a second consecutive year as an event specialist. After a sophomore season when she was held to just four meets, she has competed in every meet since, despite fighting through injuries such as a torn ACL a little over a month before the season began.

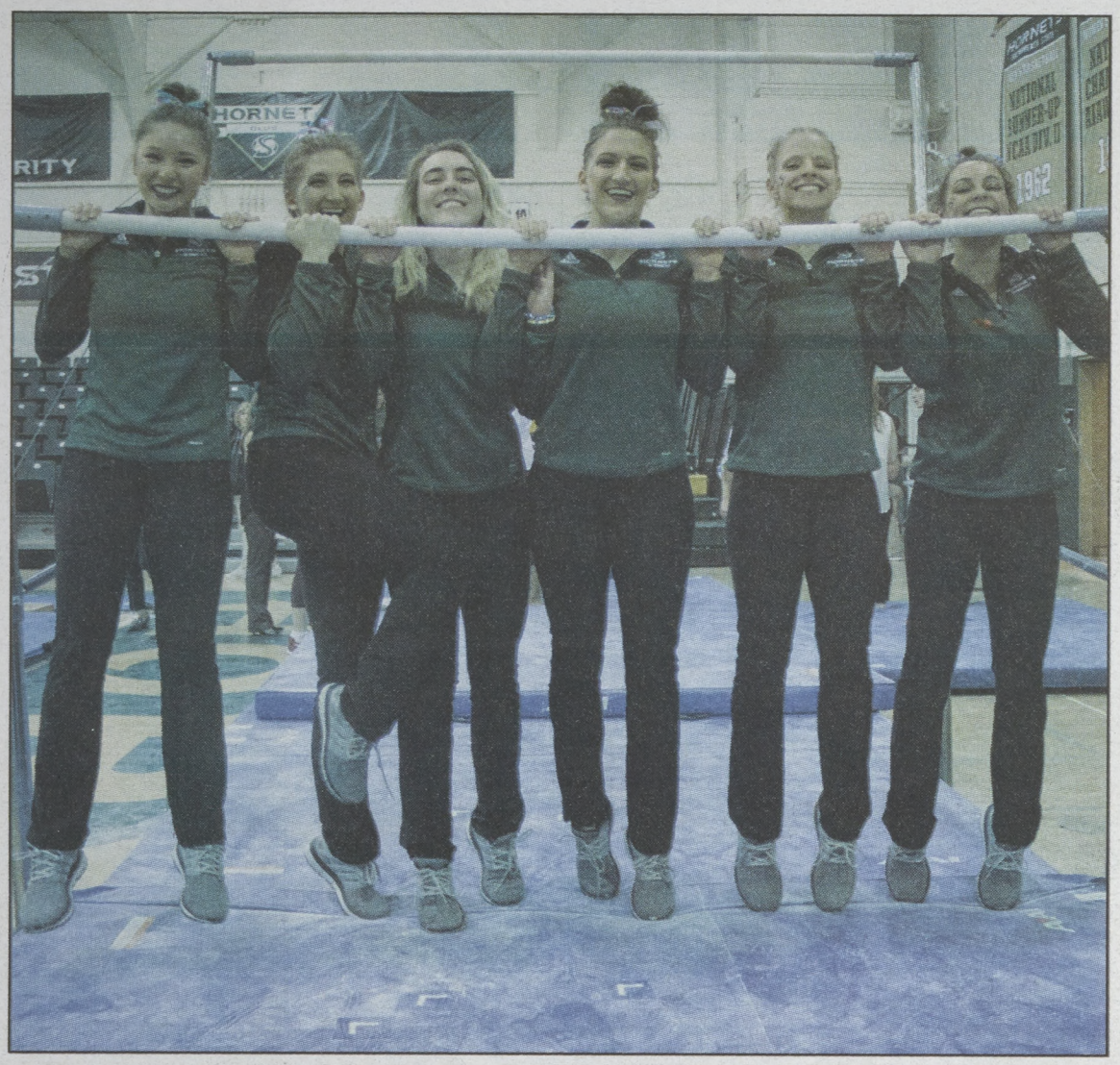
While the beginning of her season was initially in doubt, Courtney Soliwoda went through a rehab that got her into the lineup for the first game of the year. This season she has anchored on beam and scored above 9.800 in her last five meets. Twice she scored 9.875, just short of her career high of 9.900. On the uneven bars, she has been equally impressive and scored 9.775 or above in four straight meets.

The Hornets have competed against ranked teams such as Cal Berkeley, the University of Minnesota and Boise State in that span, and Courtney Soliwoda said that facing ranked programs brings her and the team's energy level up. Arizona State and Oregon State, which are both ranked, will be Sac State's competition on senior day along with crosstown rival UC Davis on Friday.

"I love having teams come in that are better than us," Courtney Soliwoda said. "It sets the bar higher, and we just have to come in with expectations that we got to do our thing."

While qualifying for an NCAA Regional as a team is going to be difficult, the Hornets can still win a Mountain Pacific Sports Federation Championship on March 24 at the Air Force Academy, which will feature all five teams in the federation.

"As a team, we are trying to win conference first and foremost," Juarez said. "In conference it doesn't matter what you do beforehand. It's whoever hits everything that night, so we're doing everything we can do to hit everything that night to win conference."



EMILY RABASTO - The State Hornet

From left to right, Sacramento State senior gymnasts Courteney Ng, Caitlin Soliwoda, Lauren Rice, Courtney Soliwoda, Jennifer Brenner and Annie Juarez will be honored for their contributions to the gymnastics team during senior night at the Nest on Friday, March 16, 2018.

Sac State won a conference title in 2016, which was when the current seniors were in their sophomore seasons. Rice, then a sophomore, helped lead the team to victory that night with a 39.325 in all four events as an all-arounder. She scored 9.850 in three different events.

Rice's sophomore season was also the first of two consecutive trips she took as an all-arounder to an NCAA Regional.

For Rice, a third trip to an NCAA Regional is not in the cards. On Jan. 12, she tore ligaments in her ankle and hasn't competed since. She is attempting to make a comeback on the uneven bars and has been successful on everything except for the landing.

While their strong scores haven't been in the lineup, fellow seniors Jennifer Brenner and Courteney Ng have still put up strong numbers. Brenner has scored 9.800 or above in three of her last four meets, while Ng has led off the bars all season and recorded scores of 9.700 or above in five meets. In last year's Mountain Pacific championships, Ng recorded the highest bars score of her career with a 9.850.

While Friday is the last time the six seniors will participate in gymnastics at the Nest, their season will continue at the federation championship on March 24. Then, on April 7, it is likely that Juarez and the Soliwodas will be participating in an NCAA Regional.

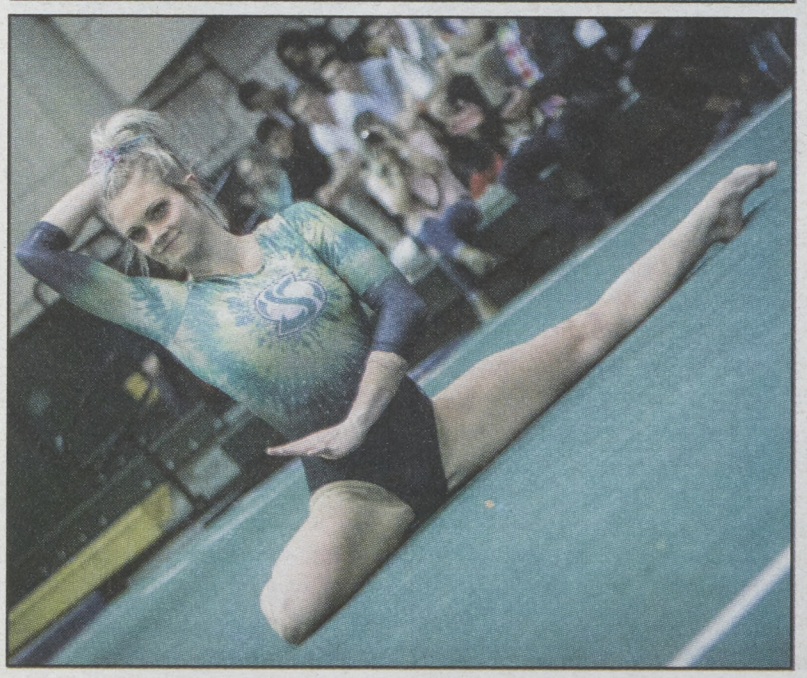
GYMNASTS SET 4 CAREER HIGHS AS HORNETS HAVE A FALL-FREE MEET

Sacramento State gymnastics didn't record a single fall in any of its 24 routines and had its second-highest score of the season in front of a loud crowd on Friday, March 9 at the Nest. The team also wore special tie-dye uiforms to express their support for diversity in the sport.

For a full recap of the meet, visit

STATEHORNET.COM

PHOTOS BY EMILY RABASTO - The State Hornet



Left: Junior Lauren Schmeiss and the rest of the Sacramento State gymnastics team behind her cheer as senior Annie Juarez (standing) gets recognized for having the second best floor routine of the meet, a career high of 9.900.

Bottom left: Junior Jackie Sampson performs her floor routine Friday at the Nest. Sampson set a career high of 9.825 in the event and the Hornets scored a 195.125, their second-highest score of the season.

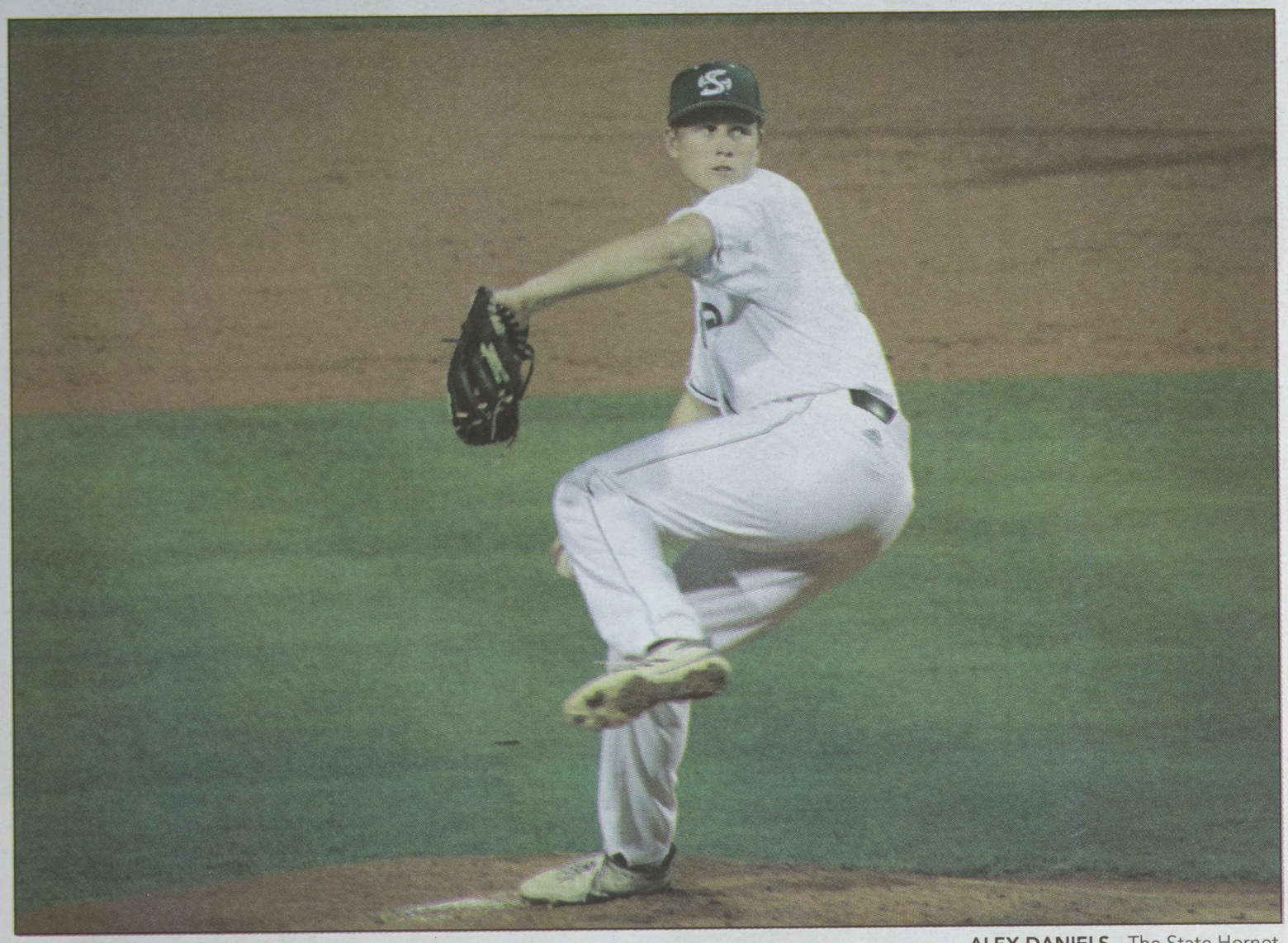
Top right: Senior Courtney Soliwoda begins her performance on the balance beam during a meet on Friday, March 9 at the Nest. Soliwoda recorded a 9.825 in the event and the Hornets scored a 195.125, their second highest score of the season.

Right: Junior Sac State gymnast Lauren Schmeiss warms up on the balance beam before a meet on Friday at the Nest. Schmeiss recorded a 9.500 on the event as the Hornets scored their second highest of the season.

Brahms: the ace of Sac State

Sophomore pitcher continues to bring in the accolades

Shaun Holkko
@HOLKKO23



ALEX DANIELS - The State Hornet

Sacramento State sophomore pitcher Parker Brahms prepares to deliver the baseball to the strike zone against Santa Clara University at John Smith Field on Saturday, March 10, 2018. Brahms, who was named to the Western Athletic Conference first team last season, earned WAC Pitcher of the Week honors on March 5.

Sacramento State sophomore pitcher Parker Brahms' hard work is paying off as he dominated the competition and made an impression on major league scouts this season.

Brahms put himself on the map nationally as a freshman after earning several accolades, including Collegiate Baseball Freshman All-American, Western Athletic Conference freshman of the year, and a spot on the all-WAC first team last year.

"He was outstanding as a freshman and he continues to get better," said Sac State coach Reggie Christiansen. "He's an extremely hard worker and a humble kid."

Brahms had an 8-4 overall record and a 3.13 earned run average in 97.2 innings pitched last season. He led his team and the entire conference in wins and was second in the conference in WHIP (walks plus hits per inning pitched) and ERA.

"Coming in as a freshman, you don't know what to expect and they tell you what to do, but you haven't been there yet," Brahms said. "Coming in for my sophomore campaign, I knew what to look for, and training wise, my conditioning was a lot better."

The hard work seems to have payed off as Brahms has started five games and pitched 28 innings without giving up an earned run as a sophomore.

It wasn't until Saturday against Santa Clara University that an opposing team even scored a run while he was on the mound. Santa Clara scored two unearned runs against him due to a hit-by-pitch and a throwing error by sophomore shortstop Josh Urps.

"He goes out there, throws strikes and gets the job done every time," said Sac State senior pitcher Austin Root. "It's pretty impressive."

Brahms has only given up a total of three walks on the season while striking out 38 batters, including 12 strikeouts on Saturday in seven innings of work. His walk-to-strikeout ratio has also improved as last season he walked a total of 26 batters with 63 strikeouts in 97.2 innings pitched.

"The man is a stud; he knows where every single pitch is going and it shows when he's out on the mound," said Sac State freshman catcher Dylan McPhillips. "(Brahms is) a dominant pitcher who knows what he's doing and is confident in knowing he's better than everyone he faces."

Brahms has a three-pitch arsenal at his disposal including a fastball, changeup and a breaking ball. He said he enjoys locating his fastball but has changed his grip on his changeup which has made it his new favorite pitch to throw.

"He throws all three of those pitches out of the same slot, and it makes it very difficult for the hitter to see whether if it's a fastball, changeup or breaking ball," Christiansen said. "Very unique short-arm action and the ball just kind of gets on hitters."

With the help of these pitches, Brahms earned WAC Pitcher of the Week honors for the second time in his career on March 7. He earned the accolade following a March 3 win against the University of Milwaukee where he pitched seven shutout innings with seven strikeouts and only allowed one walk.

Christiansen said he sees a bright future ahead for Brahms if he continues to excel and get better each year.

"As a sophomore, he really has a chance to be a pretty good (MLB) draft pick next year, if he continues this trend," Christiansen said.

Alex Daniels - The State Hornet

Sacramento State men's tennis coach Kevin Kurtz, right, oversees sophomore Hermont Legaspi, left, as Legaspi forehands the ball back to a teammate during practice at the Sacramento State Courts on Wednesday, March 7, 2018.

Men's tennis struggles under first-year head coach

Familiar face motivates Hornets entering second half of season

Alex Daniels
*@DanielsAlex_*

The Sacramento State men's tennis team hasn't gotten off to the best of starts this season under first-year head coach Kevin Kurtz.

Kurtz, who began as a volunteer assistant in the spring of 2006, replaced 12-year head coach Vyacheslav "Slava" Konikov after he resigned to coach former No. 1-in-the-world ranked Victoria Azarenka, as first reported by The State Hornet.

The Hornets (3-9, 2-1 Big Sky Conference) are halfway through their schedule this season, and despite early struggles, Kurtz — who graduated from Sac State in 2003 — has described his first season in charge as fun and exciting.

"I am held a little bit more accountable, but I am not worried so much about our results in the beginning," Kurtz said. "I have always told the guys I am worried about how we finish."

Sophomore Hermont Legaspi, who has the best overall record (7-5) in singles play on the team, said Kurtz has not only helped him, but the entire program this season.

"He gives us more confidence during intense practices to help us in matches," Legaspi said. "Overall, he gives us confidence and knowing when it is the right time to be aggressive."

Senior Kasparas Zemaitelis, who is undefeated in Big Sky singles conference play, said he has been with Kurtz since his freshman year and it has made for a comfortable experience.

"He helps me forget the losses because he is more like a guy that after a lost match, he'll say more positive things," Zemaitelis said. "It helps me go out of my matches knowing I did something positive and keeping that away while I change some negative things."

Despite going 3-0 in conference, Zemaitelis — who went 14-11 (9-2 Big Sky) last season — has a losing record of 5-7 overall in singles play.

"I don't want to say I have excuses, but I have had injuries and been sick, which affects how I can practice and how I can play," Zemaitelis said.

Sac State's No. 1 singles player junior Mikus Losbergs — who went a team-best 16-8 overall (8-3 Big Sky) last year — has also struggled with a 2-10 overall record this season.

"It is very hard for me because I feel like I work harder than my freshman year and last year," Losbergs said. "Last year, I was playing the No. 1's and had the best record on the team, and this year I have the worst record."

Losbergs said that his struggles on the court has more to do with the mental aspect of the game and his loss of confidence.

"I don't want to be arrogant or rude, but I feel like I am the best player on our team," Losbergs said. "I just lost my confidence while playing. I go out there (and) I kind of know I am going to lose.

"I kind of play more safe, which at No. 1, is tough because the other guy will go out and kill you."

However, Losbergs said one thing that has remained consistent is the support he receives from Kurtz.

"We talk a lot about tennis and mentality," Losbergs said. "What I love about him is that we don't just talk about tennis; we talk about other things, like school. He is very helpful and supports us like crazy."

The Hornets will look to improve on their 2-1 conference record under Kurtz as they host Idaho at 1 p.m. on Saturday at the Sacramento State Courts.

BEAKERS AND BREWS

NEW BIO CLASS FOCUSES ON THE SCIENCE OF BEER BREWING AND DISTILLING

By Sami Soto // @itssamisoto

EMILY RABASTO - The State Hornet

Jon Hughes stands between stacks of bourbon barrels carrying a Russian Imperial Stout in the taproom of Heretic Brewing Co. in Fairfield. The brewers age and ferments in these specific repurposed bourbon barrels to "mellow out the harshness" of the batches, according to Hughes.

Once a week for about three hours inside a science lab in Humboldt Hall, something incredible is brewing.

A new biology class offered this semester focuses on the craft of beer brewing and distilling. It is taught by professor Robert Crawford, who has a background in studying infectious diseases. Crawford said that the context of beer brewing is not that far from studying bacteria in a clinical setting.

"I've been brewing this idea for a couple of years," Crawford said.

Crawford and a group of friends he brews with, who are listed as the course organizers, created a class syllabus and lesson plan. It wasn't long before they got approved by the department chair and a curriculum committee.

Looking in the course catalogue, you will not find "beer brewing and distilling" listed. Crawford is using Biology 185: Topics in Biology to teach the course. Biology 185 can be used to test out a class before it receives its own designation.

The course was designed for beginning biology students who have passed prerequisites, including Introduction to Biology and Organic

Chemistry. Much to Crawford's surprise, he had a full roster of 30 students on the first day as well as a waitlist twice as long, despite the course not being advertised.

"I think the demand is there," Crawford said. "We've been able to build something really, really special. And I think students are really digging it."

After a survey was given the first day of class, Crawford discovered some students enrolled didn't even know the class was about brewing and distilling. But what has been rewarding for Crawford is seeing those students develop an appreciation for beer.

"I didn't know what this class was at first," said Shahrzad Sobhi, a senior biomedical student. "But I'm happy I took it. I don't know a lot about beer so this class has been great."

The class covers the history of brewing ranging from ancient times to the prohibition era in the 1920s. One topic covered is the significant role women played in brewing beer throughout history. Fittingly, the makeup of the class is two-thirds female.

During the colonial era, the majority of breweries were run by women. The wives would brew from home, as it was considered a domestic task. After it was discovered how profitable brewing was in the 19th century, the industry became male-dominated.

Crawford has broken down the class into three parts: lecture, discussion and activities. The class has conducted controlled experiments — including engaging in the mashing process at different temperatures and isolating live microbes from kombucha, a fermented drink that contains bacteria and yeast and is known for its health benefits.

The process of beer production begins with crushing grains such as barley or wheat. The grain is then mixed into a large vessel with hot water to form a mash.

This process prepares the grain to produce natural sugars. Yeast then ferments those sugars into alcohol. Students conducted a mash during a controlled experiment.

"They did one at room temp, one at the appropriate temp and one at too high of a temperature," Crawford said. "And then they tasted them all and said "'Ugh, this one tastes like crappy oatmeal, and this one tastes like sugar water, just right.' "

KHANLIN RODGERS - The State Hornet

Biology student Nico Valdez, left, tests for the number of international bitterness units of the beer. This is a measurement of the amount of acids that produce the bitter taste.

> "The craft-beer movement is continuing to grow every day. The more people know about beer from a scientific and historical perspective, the more they can enjoy and respect it."
>
> **- Jon Hughes**
> *Biology 185 collaborator*

Crawford's goal is to touch on all aspects of the industry with lessons on wine and spirits, as well as the business and law of marketing beer.

According to Crawford, jobs in the traditional biology field can be somewhat limiting. By focusing on the different features of the brewing industry, he hopes to get students thinking more cleverly about the careers they can put their degree toward.

"This is the No. 1 thing I feel my responsibility here is — to provide applied learning in my courses so that students are ready," Crawford said. "And if they want to stay around here, then it's my job to connect them to industries here."

Jon Hughes, one of the class collaborators, currently runs the quality control lab at Heretic Brewing Co. in Fairfield.

While Hughes worked toward his degree, he realized that he did not want to go into traditional microbiology research. Now Hughes hopes to expand the students' perspective of job opportunities as the beer industry continues to flourish.

"The craft-beer movement is continuing to grow every day," Hughes said. "The more people know about beer from a scientific and historical perspective, the more they can enjoy and respect it."

The collaborators of the class, though not regularly present in the classroom, help Crawford in designing lecture content and creating assessments for the class.

One of the collaborators of the class, Chris Lopez, was recently awarded a grant from the Burroughs Wellcome Fund, which supports biomedical scientists. Lopez put the funds toward the distilling course, recently spending two weeks in Sacramento lecturing the class.

"He could have put them to whatever he wanted, and he chose to do it here with us in this class," Crawford said.

The final class meeting is a tour of a local brewery, the Device Brewing Co. Students will also get the opportunity to participate in a question-and-answer panel with industry experts.

Crawford is excited for the future of this course, as Sacramento continues to grow as a site for breweries. In the Sacramento area there are currently over 65 craft breweries, according to beersinsac.com.

The earliest the course will be offered again is next spring, and Crawford already sees a lot of untapped potential moving forward.

"I think this could brew into something really big," Crawford said.

Spring Break ON A BUDGET

$0

Spring break isn't always about goingout of town – staying here and relaxing can be just as exciting if you know where to look. If you're looking to explore Sacramento without spending too much, The State Hornet has got you covered. Here are 12 local spots to explore in Sacramento that will cost you under $30.

By Khanlin Rodgers & Claire Morgan

FARMERS' MARKET

Weekends are a great time to visit farmers' and flea markets for great deals on fresh, local produce and hidden gems. Local farmers, artisans and small business owners often set up shop at the Folsom Boulevard Flea Market, which is open all weekend, or the Certified Farmers' Market, which operates on Sundays in Southside Park downtown.

SCENIC VIEWS

Sacramento and surrounding areas offer a variety of options for outdoor adventures. Fair Oaks Bluff and the American River Bike trail are both only minutes away from campus. A short drive can get you to the gorgeous views of the Lake Clementine Trail or the American River Canyon Overlook Park.

OPEN MICS

There are plenty of open mic performances to see downtown. Shine Coffee, Old Ironsides and The Fox and Goose all have weekly sign-ups for those interested in seeing the up-and-coming stars of Sacramento, or even performing themselves.

$10 $20 $30

A DAY AT THE MUSEUM

Spend the day at the Crocker Art Museum. The museum has a rotation of exhibits from artists to pique the interest of those who are curious. Student tickets are only $8.

BRUNCH

Not many trends have taken ahold of social media the way brunch has. Cafeteria 15L, Orphan, and Hook and Ladder all provide their own takes on brunch and Instagram-worthy meals.

SEE A SHOW

Go catch a live concert or show in one of Sacramento's music venues. Taylor Bennett (Chance the Rapper's brother) will be playing at Holy Diver on March 22 and Quinn XCII will be at Ace of Spades on March 24.

CATCH A FLICK

Catch a movie or two at West Wind Sacramento 6. Admission is $7.95 for a double feature, and only $5.25 on Tuesday nights.

GREEN THUMB

Creating a mini-garden for your home, apartment, or dorm room doesn't have to be expensive. The Plant Foundry in Oak Park or Talini's Nursery in East Sacramento offer small indoor plants and cute pots for good prices, and the staff is often knowledgeable and can help you with any questions you may have about your new mini-garden.

KINGS GAME

Basketball season isn't over yet, and resale tickets to some Kings games can be found for as low as $14, according to their ticket website. The Kings are scheduled to play the Detroit Pistons and the Atlanta Hawks during spring break.

SWEET TREATS

If you have a sweet tooth, stop by Rick's Dessert Diner for a slice of cake, cheesecake, torte, pie or a pastry. This 1950s-themed restaurant is a Midtown gem and most menu items are $8 or less.

AQUATIC CENTER

The Sac State Aquatic Center is located in Gold River on Lake Natoma and offers seven different types of boats to rent, ranging from kayaks to stand-up paddle boards. Students get a discounted rate on boat rentals.

'LADY BIRD' TOUR

Catch some of the scenes featured in Oscar-nominated film "Lady Bird" on a walking tour of Sacramento. Sacramento Running Tours offers a "Lady Bird" tour, which features the iconic blue house in the Fab Forties neighborhood and other landmarks highlighted in the movie. With fees and taxes, tickets are $22.40.

Screenshot via Instagram

Sacramento State has removed a comment making light of tuition increases left on a post made by Instagram user @csus_memes. The post depicts Sac State welcoming tuition increases.

Sac State should leave the memes to the masses

NOW-DELETED INSTAGRAM COMMENT THE LATEST IN SERIES OF TONE-DEAF MOVES

It is an offensive and disturbing pattern of behavior that Sacramento State continues to shove its stinger in its own mouth when serious issues are raised.

The most recent example is almost laughable, in that it was meant to be funny without containing a single ounce of legitimate humor.

When popular Instagram account @csus_memes posted a meme for his 3,000-plus followers about a likely impending tuition increase, Sac State's official account on the app commented "Tuition costs more because we need to feed Herkey. He's always hungry."

The comment, made by a student assistant, according to a school official, was up for almost a full day before being deleted when The State Hornet contacted officials asking about why it was made.

It is obvious what that student assistant was trying to do on behalf of the University. More and more recently, Sac State official social media accounts are interacting with students in an attempt increase their profile and appeal to youth where they are most active.

Never mind that these appeals are often not funny at all and come off more like that viral still from "30 Rock" when Steve Buscemi says "How do you do, fellow kids?" while wearing a ballcap backward and holding a skateboard over his shoulder.

And also never mind the silly attempt from Sac State to bring the much-memeified mascot into the conversation without calling him "thicc." @Csus_memes and its many fans have built up a rich metafiction surrounding Herky, and he belongs to the students now.

And also, never mind the misspelling of "Herky."

The real problem with this is Sac State shouldn't be joking about serious issues like a potential tuition hike. Many students in the CSU system and at Sac State are facing serious financial hardships, including housing and food insecurity.

The issue of funding and the continued burden being foisted onto the students is a heavy topic, which makes it all the more stupefying that Sac State continues to say the wrong thing.

Last month during an open forum on the possibility of a tuition increase, Sac State President Robert Nelsen was repeatedly questioned about his salary of $324,029 and a raise of 2.5 percent.

"I understand appearance," Nelsen responded. "I also understand you pay for what you get."

Nelsen has repeatedly gaffed with students, also saying in the past that he "hates the 'C' word," as in "commuter" campus.

As we said several weeks ago, "leadership is the real issue here."

What tone are University officials using when talking about the tuition issue in that a student would feel appropriate to make light of it from their official account?

What processes exist for the public messages that Sac State sends?

Why is our college entering verbal repartee with a meme account, even one as derisive and popular as @csus_memes?

Leave making light of the serious stuff to the masses, Sac State. Stick to trying to fix the issue, rather than justifying it. As @csus_memes said in a later post: "Hopefully we don't see our school making light of serious issues in the future, thats my job."

Give professors guns, and then everyone else too

One gunman on campus=bad. Many gunmen on campus=great!

Vincent Moleski
@VO_Moleski

Cory Doctorow - Flickr CC BY 2.0

A picture of some of the guns professors and students should have on campus to protect ourselves from people on campus with guns.

After the shooting at Marjory Stoneman Douglas High School in Parkland, Florida, the conversation has quite naturally turned from mourning to debate on the issue of gun control. I, just like you, fear the prospect of a school shooting closer to home, especially after a threat on a school in Roseville resulted in a lockdown.

Now more than ever, we must re-evaluate our state and local gun control laws with the intent of stopping gunmen on American campuses.

There have been some very level-headed discussions aimed at stopping these heinous attacks, and local powers seem to be responding positively.

As lawmakers in Florida move at a breakneck pace to churn out legislation to arm teachers, the only thing I question is why we aren't implementing similar laws here.

Our president, Donald J. Trump, recently said that he would have rushed in unarmed to prevent the shooting in Parkland. Imagine, if you will, the incredible destructive power of Donald Trump unarmed — now throw in a gun.

Even a madman would turn back faced with that.

Now, if our professors share even a scrap of Trump's enthusiasm, there should be no question as to whether we should arm them or not.

If you're willing to trust your professors with your developing mind, you should be willing to trust them with a gun, too. I'm sure they will be every bit as inerrant in their duties.

The old adage 'guns don't kill people, people kill people' gets a bit too much play these days, but there is a kernel of truth to it. If some deranged individual really wanted to kill students on campuses, I'm sure they could do it just as easily using other commonplace tools on campus.

They could deliver a thousand deadly paper cuts, or shower a classroom in projectile staples.

Putting guns on campus could only help to deter vile attacks like this.

It's a common misconception to say that more guns means more crime. The last time you were the victim of a crime, I'd assume that you called the police — the good guys with guns.

I'm sure you'd feel very safe if you were surrounded by police officers armed with military-style assault rifles.

But when dealing with professors, it's hard to tell which, if any, are bad guys, so I've got a little secret about character that I'd like to share with you. You can always tell that someone is a good guy if they look like me. Try it for yourself!

If someone doesn't look like me, they're probably not to be trusted with firearms and are probably dangerous thugs to boot.

If someone looks like me and still does something bad with a gun, you can rest assured that they suffer from mental illness — nothing to see here.

Since the presence of guns increases security, we should also allow students to bring their own weapons on to campus as long as they have permits (although the concealed carry process is too restrictive anyway — but that's another matter).

There's nothing more in keeping with the do-it-yourself college experience than arming yourself against insurgency.

The images of a free and safe campus are of students oiling their rifles in the quad, or loading up spare magazines in line at Starbucks, or checking their iron sights from the top of the parking garage.

And if, God forbid, a bad guy with a gun should come on to our campus, every police officer, every professor and every student will squeeze off a round as one, and the ghost of the Constitution will guide every bullet right to the heart of the bad guy.

"And if, God forbid, a man with a gun should come on to our campus, every police officer, every professor and every student will squeeze off a round as one, and the ghost of the Constitution will guide every bullet right to the heart of the bad guy."

Do you want to...

- ☐ write
- ☐ photograph
- ☐ film
- ☐ podcast
- ☐ livestream
- ☐ tweet
- ☐ design
- ☐ market
- ☐ share
- ☐ *all of the above*

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